



## Salmon & Corn Chowder with Bacon

READY IN



50 min.

SERVINGS



6

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 slices oscar mayer bacon cooked chopped
- 11 oz regular corn with red and green bell peppers, undrained canned
- 2 stalks celery finely chopped
- 2 Tbsp grey poupon dijon mustard
- 2 Tbsp flour
- 3 sprigs thyme leaves fresh
- 2 cloves garlic minced
- 3 cups milk
- 0.8 lb new potatoes cut into 1/2-inch cubes ( 6)

- 2 tsp oil
- 1 onion chopped
- 6 servings ritz crackers
- 1.5 lb salmon skinless cut into 1-inch pieces
- 6 oz velveeta cut into 1/2-inch cubes
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## Equipment

- sauce pan
- whisk

## Directions

- Heat oil in medium saucepan on medium-high heat.
- Add onions, celery and garlic; cook 5 min. or until crisp-tender, stirring frequently. Stir in flour; cook and stir 1 min.
- Whisk in milk.
- Add potatoes, corn and thyme; cover. Simmer 20 min. or until potatoes are tender.
- Stir in VELVEETA and mustard; cover. Simmer on medium-low heat 5 min. or until VELVEETA is melted. Stir in fish; cook 8 min. or until fish flakes easily with fork.
- Remove and discard thyme sprigs.
- Top chowder with bacon.
- Serve with crackers.

## Nutrition Facts



**PROTEIN 26.67%** **FAT 46.4%** **CARBS 26.93%**

## Properties

Glycemic Index:62.13, Glycemic Load:11.52, Inflammation Score:-8, Nutrition Score:31.393478435019%

## Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

## Nutrients (% of daily need)

Calories: 495.34kcal (24.77%), Fat: 25.43g (39.12%), Saturated Fat: 7.37g (46.04%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 29.79g (10.83%), Sugar: 9.9g (11%), Cholesterol: 91.53mg (30.51%), Sodium: 454.64mg (19.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.76%), Selenium: 51.87µg (74.1%), Vitamin B12: 4.37µg (72.91%), Vitamin B6: 1.4mg (70.22%), Vitamin C: 55.86mg (67.71%), Vitamin B3: 11.81mg (59.05%), Phosphorus: 486.77mg (48.68%), Vitamin B2: 0.72mg (42.58%), Vitamin B1: 0.57mg (38.24%), Potassium: 1209.57mg (34.56%), Vitamin B5: 2.83mg (28.32%), Calcium: 218.32mg (21.83%), Copper: 0.43mg (21.71%), Magnesium: 78.74mg (19.69%), Manganese: 0.36mg (18.13%), Vitamin K: 18.44µg (17.56%), Folate: 67.6µg (16.9%), Iron: 2.7mg (14.98%), Fiber: 3.4g (13.59%), Zinc: 1.93mg (12.89%), Vitamin A: 532.21IU (10.64%), Vitamin D: 1.43µg (9.53%), Vitamin E: 1.23mg (8.23%)